

SUBSTANCE ABUSE TREATMENT SCALE (SATS)
(McHugo, Drake, Burton, Ackerson)

This scale is for assessing a person's stage of substance abuse treatment, not for determining diagnosis. The reporting interval is the last SIX months. If the person is in an institution, the reporting interval is the time period prior to institutionalization.

- 1. Pre-engagement:** The person (not client) does not have contact with a case manager, mental health counselor, or substance abuse counselor.
- 2. Engagement:** The client has had contact with an assigned case manager or counselor, but does not have regular contacts. The lack of regular contact implies lack of a working alliance.
- 3. Early Persuasion:** The client has regular contacts with a case manager or counselor, but has not reduced substance use more than a month. Regular contacts imply a working alliance and a relationship in which substance abuse can be discussed.
- 4. Late Persuasion:** The client is engaged in a relationship with a case manager or counselor, is discussing substance use or attending a group, and shows evidence of reduction in use for at least one month (fewer drugs, smaller quantities, or both). External controls (e.g. Antabuse) may be involved in reduction.
- 5. Early Active Treatment:** The client is engaged in treatment, is discussing substance use or attending a group, has reduced use for at least one month, and is working toward abstinence (or controlled use without associated problems) as a goal even though he or she may still be abusing.
- 6. Late Active Treatment:** The person is engaged in treatment, has acknowledged that substance abuse is a problem, and has achieved abstinence (or controlled use without associated problems), but for less than six months.
- 7. Relapse Prevention:** The client is engaged in treatment, has acknowledged that substance abuse is a problem, and has achieved abstinence (or controlled use without associated problems) for at least six months. Occasional lapses, not days or problematic use are allowed.
- 8. In Remission or Recovery:** The client has had no problems related to substance use for over one year and is no longer in any type of substance abuse treatment.